



K A N S A S

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Make a Kit, Make a Plan, Stay Informed

What can you do to make your family more prepared for any kind of disaster, including a terrorist attack? An important first step is to assemble an emergency kit that you can take with you in case of an evacuation, or if you need to stay at home for an extended period.

Make a Kit

You should assemble a kit that contains at least three days' worth of emergency supplies for all family members. The kit should be stored in a cool, dry place in one or two rugged, water-resistant containers. Individual items within containers should be stored in plastic bags for added water resistance. The kit should be light enough so that a single adult or teenager can easily transport it. It is recommended that your family emergency kit include the following items:

- **Water:** One person generally requires at least one gallon of water per day for drinking and sanitation. People should determine how much water they can both store comfortably outside the home and be able to transport to another location.
- **Food:** At least a three-day supply of non-perishable foods.
- **Disposable cups, plates, and eating utensils or mess kits**
- **Battery-powered radio and extra batteries**
- **Flashlight and extra batteries**
- **Hard-wired telephone**
- **First-aid kit and guide**
- **Whistle** to signal for help
- **Dust masks** to help filter air after an explosion or building collapse
- **Moist towelettes** for sanitation
- **Wrench or pliers** to turn off utilities
- **Manual can opener** if your kit contains canned food
- **Plastic sheeting and duct tape** for sheltering in place
- **Lightweight rain ponchos** for each family member
- **Sleeping bag or blanket** for each family member
- **Maps and compass** to keep from getting lost if evacuating
- **Pencil and paper**
- **Prescription medications in child-proof containers** for each family member
- **Reading glasses and extra eye glasses**

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- **Infant formula and diapers** for infants and toddlers
- **Toilet paper**
- **Feminine hygiene supplies**
- **Garbage bags and plastic ties** for disposing waste
- **Important family documents** such as insurance papers, wills and trusts, deeds, birth certificates, prescription forms signed by a doctor and medical records (to include weights of children under 90 pounds so that health workers can administer medicines in the proper dosage for them, if this becomes necessary).
- **Survival reference guides** can be downloaded from www.ready.gov and are available from various agencies.
- **Checklist of items included in kit.**

Additional items to consider for emergencies:

Cash and change or traveler's checks: While it is not recommended that people store large amounts of cash in their home, traveler's checks are a good option for ensuring that your family has enough currency on hand for at least three days. Adult family members should carry debit or credit cards with them at all times. Change may be necessary for paying highway tolls or can be used for making calls from pay phones.

Mobile phones and chargers or prepaid calling cards: People who have mobile phones should carry these with them at all times and keep all phone numbers for each family member programmed. Each family vehicle should contain a charger for each person's mobile phone. Prepaid calling cards are a good, low-cost alternative for making sure that everyone is able to make a phone call during an emergency.

Extra clothing, toiletries and cosmetics: Just as if you were planning to travel on business or pleasure, you might want to include these items in your kit. However, these are not items essential for survival and will add to the bulk and weight of your kit.

Fuel: Vehicles should always be kept as fully fueled as expenses allow in case it becomes necessary to evacuate. People should not store gasoline in their home, because this poses a fire hazard. You may want to consider keeping an empty, approved gasoline container in your vehicle for long trips, but even this should not normally be stored filled in your vehicle.

Matches in a waterproof container: This can be a small, low-cost source of heat and light for warmth and cooking in an emergency, but is a possible safety hazard for small children and probably not necessary for evacuating to a pre-determined location such as a hotel or a relative's home (see Make a Plan, below).

Make a Plan

Your family should have a well-thought out plan for contacting one another during and after an emergency. You should select two meeting places where everyone can meet if you must leave your home quickly. One of these places should be near your home but a safe distance away, such as the nearest major street or roadway corner. The second place is somewhere you would go if a disaster makes it impossible for you to return to the area where you live. This could be the home of a friend or relative in another part of town or a nearby town.

Next, you should ask someone to serve as a contact person, such as an out-of-town relative. Every family member should be able to reach this person by phone or e-mail and should contact them as soon as possible if an emergency occurs. The designated contact person should be given contact information for all family members.

If family members have mobile phones, the phone number and/or e-mail address of the emergency contact person should be programmed into everyone's phone, along with those of each family member. Each phone should have a travel charger or extra battery. Of course, there are costs associated with mobile phones and not all children may be responsible enough to carry them. Prepaid phone cards are a good, low-cost alternative to mobile phones. These cards can be purchased at almost any retail or convenience store. Important contact information can then be written down for family members to carry in their wallets or purses along with their card.

Stay Informed

Keep informed of world events and monitor your local television and radio stations to obtain official information during an emergency. Be alert and promptly notify law enforcement of any suspicious activity you might observe.

Additional information from the U.S. Department of Homeland Security may be found on the Web at www.ready.gov.